

Costa Rica Short Term Mission Trip October 21 - 30, 2026

Team Leader: TBD

Dates: October 21 – 30, 2026

Location: Bribri Indigenous Territory (Sepecue), Costa Rica

Team Size: Up to 10 participants

Estimated Cost: \$4,200 CAD per participant

(Willingdon Church participants are expected to contribute at least 50% of the estimated trip cost, with the remaining amount raised through team fundraising efforts. Participants from outside Willingdon Church are expected to contribute at least 80% of the estimated trip cost, with the remaining amount raised together with the team through fundraising efforts. The cost covers flights, transportation, accommodations, main meals, and ministry construction materials/tools.).



Republic of Costa Rica
República de Costa Rica

Background

The project will support ongoing community development and ministry efforts led by local leaders, including Queen Ana Maura and her family. This initiative will help strengthen the church's global mission engagement while encouraging local believers through practical service and fellowship.

Purpose of the Trip

The purpose of this short-term mission trip is to **serve the Bribri community through practical construction work, relational ministry, and spiritual encouragement**, contributing to long-term ministry impact in the region.

The team will partner with local workers to complete priority building projects that will support future ministry activities such as camps, retreats, and community gatherings.

Ministry Activities

Possible ministry involvement includes:

- Construction projects (cement flooring, dormitory development, finishing guest housing)
- Encouragement and fellowship with local believers and community leaders
- Participation in worship services and prayer gatherings
- Crosscultural learning and relationshipbuilding
- Support for future outreach and leadership development initiatives

Trip Context

This will be a **physically demanding and culturally immersive mission experience**. The team will travel by van and river boat into a remote jungle region and stay near the project site. Accommodation will be basic, with shared sleeping areas, coldwater showers, mosquito protection measures, and locally prepared meals. Despite these simple conditions, the trip offers a unique opportunity for deep ministry engagement and spiritual growth.

Team Profile

Participants should demonstrate:

- A heart for service and crosscultural ministry
 - Willingness to engage in physical construction work
 - Flexibility and positive team attitude
 - Spiritual maturity and readiness for challenging environments
 - At least one skilled construction leader (foreman role recommended)

Proposed Itinerary (Subject to Flight Availability)

- Oct 21 – Fly Vancouver to San José
- Oct 22 – Orientation and travel to Bribri region / river boat transfer
- Oct 23–27 – Construction ministry days
- Oct 25 – Worship service and fellowship
- Oct 28 – Travel to Caribbean coast for rest and debrief
- Oct 29 – Return to San José
- Oct 30 – Return flight to Vancouver

Application & Preparation Process

Participants will be required to:

- Complete STM training and team preparation meetings
- Submit application and commitment forms
- Participate in a pastoral interview
- Ensure passport validity (minimum 6 months)
- Obtain recommended vaccinations (e.g., tetanus booster)

Contact Info - Questions

- Pastor Ruben Heyn @ rheyn@willingdon.org
- Sara Ghanati – ministry Coordinator @ sghanati@willingdon.org

Note: *Please note that any contribution made toward this mission trip through Willingdon Church is considered a donation. A tax receipt will be issued for all donations received. All donations are nonrefundable. In the event that excess funds are raised, the donations will be transferred to another Willingdon Project approved by the Elders*



SHORTTERM MISSION – TRIP - INDIVIDUAL APPLICATION

Date of Application:	Place of Mission Trip:
	Bribri Indigenous Territory (Sepecue), Costa Rica
Estimated Costs: \$4,200.00	Mission Dates: October 21 - 30,2026
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PERSONAL BACKGROUND

Full Name (as it appears on passport):	
Country of Issue:	Expiry Date:
Do you have Citizenship and a passport from another country? If yes, list country:	Expiry Date:
Full Name (as it appears on passport):	

Please attach a copy of all passports to this application

Birthday: (mm/dd/yyyy)	Home Phone:
Work Phone:	Mobile Phone:
Email:	
Address:	

How are you currently serving at Willingdon Church? Please describe your role in this ministry and provide the ministry leaders contact information?

Please tell me what small groups you have been involved in over the last 3 years? Please provide the contact information for the small group leader(s).

Please tell us about your previous Short Term Mission Experience?

In your understanding what is the purpose of this mission trip?

Why do you want to participate in this short term mission project?

Share a recent experience in seeking to share the Gospel?

In what areas of weakness is the Lord working on in your life?

What has the Lord taught you in the last six months?

What has been your greatest trial or temptation?

What area of your life do you need to work on to be a better member of this mission team?

Is there anything currently in your life that could hinder or disqualify you from Christian ministry or from international travel?

Do you have any dietary restrictions or known food allergies? If so, please explain.

Do you have any allergies to any medication? If so, please explain.

Do you have any other allergies (e.g. bee stings, environmental)? If so, please explain.

Do you have any medical conditions? If so, please explain.

Will you need to take prescription medication overseas? If so, please explain.

References: Please give us all of the following information so we can contact them

Pastor:	Phone:
Teacher or Employer:	Phone:
Friend:	Phone:
Co worker	Phone:

Emergency Contact Information:

Name:	Relationship:
Address:	
Home Phone:	Mobile Phone:
Work Phone:	

This information will be held confidential and will only be used for the purposes relating to Willingdon Church Ministries. Willingdon Church leadership, our international partners as well the Global Ministries Committee of Willingdon Church will be privy to the information. At the discretion of the team leader, and in conversation with a team member some information may be shared with the ShortTerm Mission Team you are participating with. This information will be used for the purposes of due diligence, international partnership accountability and appropriate member care for all participants in the ShortTerm Mission.

Name:	
Signature:	Date:

I declare that the information I've given is true and accurate to the best of my knowledge.